

NICOLE GETS HEALTHY

Motherhood must have scared Nicole Richie straight — she's finally putting on weight and looking great!

NICOLE RICHIE is blooming! "She's looking great!" says Anthony Youn, M.D., a Michigan-based cosmetic surgeon. As the photo at left shows, pregnancy has done wonders for her. "Her skin looks smoother and more radiant," says Dr. Youn, who has not treated Nicole. "This is often the result of the pregnancy glow, which happens when the body ups its production of estrogen.

"It also seems that she's eating more," he adds. "Her face and her breasts look fuller and more youthful. Certainly her curves soften her appearance."

Although she denied to **Diane Sawyer** on Aug. 3 that she's ever had an eating disorder, the 25-year-old starlet did admit that she's finally eating more. "I'm constantly hungry. I'm eating at least every hour," the ex-*Simple Life* star said.

This is her four-months-pregnant body speaking to her, notes Ellen Kamhi, Ph.D., a nutritionist and author of several books on health and nutrition, including *Cycles of Life*.

"By eating hourly, nutrients are more readily absorbed into the bloodstream, so you gain weight naturally. This is especially good for women who are underweight or who may have had an eating disorder, because

smaller portions are often more palatable to them."

Dr. Kamhi, who has not treated the star, adds that 5'2" Nicole should concentrate on high-

calorie, nutrient-dense foods for the duration of her pregnancy.

"A baked potato with cheese, or some fatty fish, such as wild salmon, with steamed vegeta-

bles are small but powerfully nutritious meals for a pregnant woman, especially one who is so underweight," she says. *Good luck, Nicole!* — LYNNALLISON ★

NICOLE'S WEIGHT ROLLER COASTER



04/05/04

125 lbs. Nicole blamed her extra poundage on the pressure of filming *The Simple Life*.



09/18/05

105 lbs. At an Emmys after party in Hollywood, Nicole debuted her protruding collarbone.



08/12/06

82 lbs. Nicole at her scary skinniest, on the beach in Malibu. Her bony chest caused grave concern.



05/27/07

93 lbs. Barefoot and with the barest of bumps, Nicole grocery shopped at Ralphs in Los Angeles.